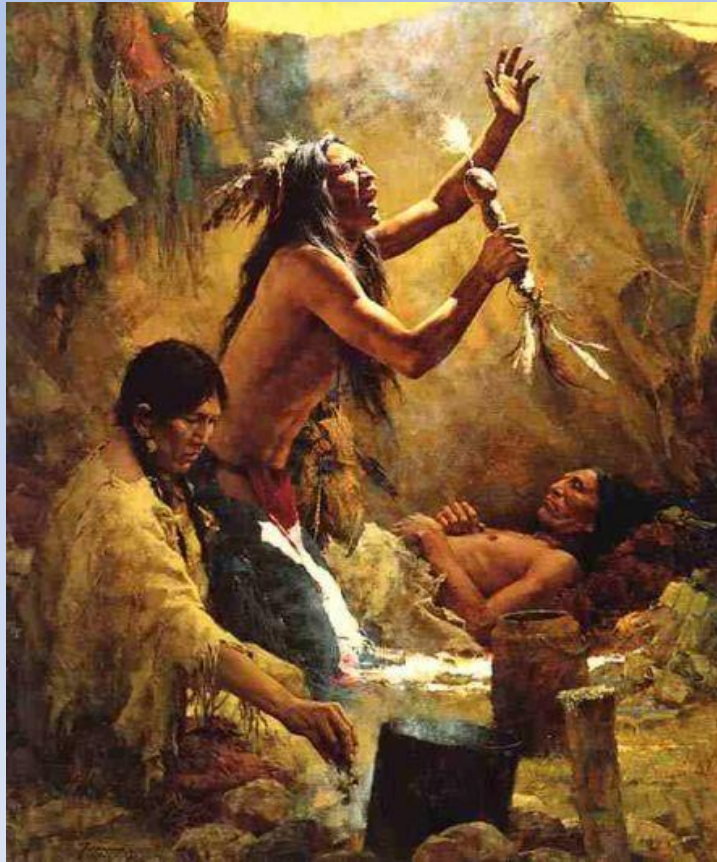


# Medicine Man





During the Mississippian time period (AD 1,000-1,600), Native Americans lived in the southeastern area of North America.

Long ago, Native Americans needed doctors just like we do today.



Mississippian Indian doctors were called  
**“medicine men”** or **“shaman.”**





Medicine men used many different types of plants to heal the sick.



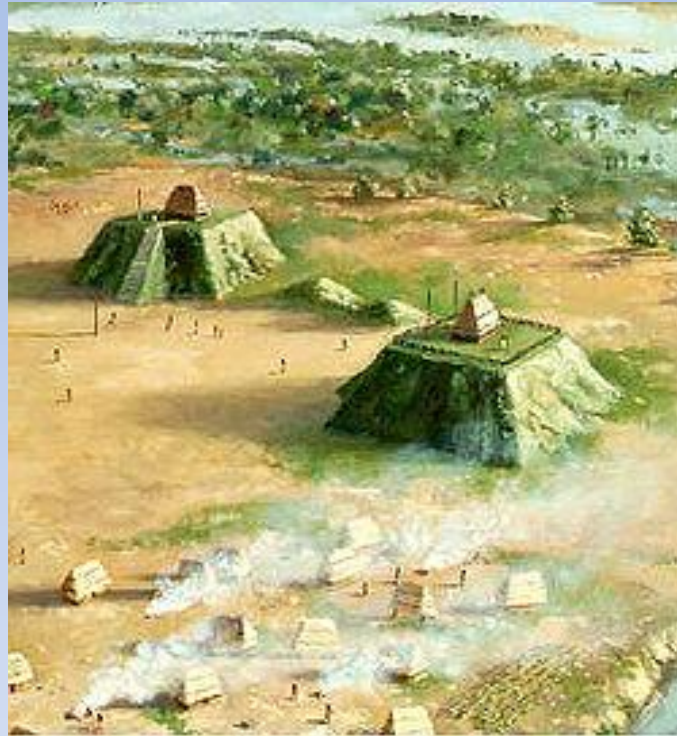
Leaves, stems, flowers, roots, berries and other plant parts were used to cure sicknesses such as colds, cough, fever, asthma, and insect bites. These plants are called **medicinal plants**.





Medicine men would carry their supplies in a leather medicine bag. They believed this bag had special powers to heal.

Mississippian medicine men lived and worked in buildings called mounds.



These mounds were made of dirt.



During this time period, medicine men did not use writing tools like journals to write down what they did or used. We only know stories their ancestors have told over the years.



Today, doctors called herbalists use plants and other natural items to cure illnesses. They use many of the same plants medicine men used during the Mississippian time period.



Some people believe that herbal medicines are safer to use than chemical medicine most doctors prescribe.





Although most people visit the doctor when they get sick, many medicinal plants may be growing in your neighborhood or community.